



**Senior Community Center**

68 Elm St  
Amesbury, Ma 01913  
978 388 8138  
Fax 978 388 8144

Mon-Fri. 8-4pm  
Available by appt. until 5p

[www.amesburyma.gov](http://www.amesburyma.gov)

**Director**

Annmary I. Connor, LICSW  
connora@amesburyma.gov

**Assist. Director/ACE  
Outreach**

Doreen Brothers, MA, LSW  
brothersd@amesburyma.gov

**N.E.E.T**

Mary Jo Sullivan

**Volunteer Coordinator**

Jeanne Marie

**Activities Coordinator**

Vicky Sherwood, HS-BCP  
Aide -Brandi Thompson

**Handyman/ Maintenance**

Alphonso DeLauri

**ACE/Greenleaf**

Outreach - Vanessa Kahrman  
Coordinator: Katrina Rioux  
Assistant - Russell Darling  
Aide - Cheryl Merrill  
Aide - Brad Spear

**Nutrition Program: MVNP**

978 388 8138 ext 549  
Jennifer, Site Manager  
COA Board MTG 3/12 4:30p  
FCOA Board MTG 3/19 3:00p

**Mayor Ken Gray**



# Carriage Town Senior Newsletter

## March 2015

### ~Monthly Special Events~

- 3/3 Tues, 11am: Brown Bag pick up
- 3/5 Thur, 1pm Low Vision Support Group
- 3/9 Mon 11:20am Sponsored lunch: thank you Merrimack Valley Health Center. Come and meet the great staff!
- 3/11 Wed, 1pm On-line Banking 1:1 session. Please sign up in advance to meet with Anne Gagne
- 3/16 Mon ACE Monthly Dinner 5pm , sponsored by Angels at home healthcare.
- 3/17 Tues, 11:20am Sponsored lunch Thank you *Maplewood Center.*
- 3/17 Tues, 4pm Monthly Dinner: (Happy St. Patrick's Day) Corn Beef sandwiches on Rye or Chicken salad on rye. Enjoy a beer (wine) with dinner Plus sides \$6 per person RSVP by 3/13 at 4pm.
- 3/25 9am Don't Get Scammed! : Coffee with the Chiefs: Come and meet the Chiefs, be educated on the latest scams and how to prevent them.
- 3/19 Thurs, Noon Birthday Party Thank you Merrimack Valley Health Ctr & Stop n Shop, FCOA. Music: Brian Corcoran!
- 3/20 First day of spring!, lets plant some bulbs! 11am with Annmary
- 3/25 Wed, 11:20am & Sponsored Lunch - Thank you Country Rehab. Center, Meet the great staff. Enjoy time together!
- 3/26 Thur, 8:30am legal clinic: Sign up for a FREE 15 minute consultation session with Faith Delaney, ESQ.

**Computer Classes are being scheduled! Please sign up!** Starting Jan 12th there will be a 6 week class for group "Beyond Basics". \$15 from 2-3. 1 Private lesson will be available on Mondays 3-4.

Kindly RSVP for ALL Event.

Thursday, March 5th 10:30a-12:30pm We are asking for 8 volunteers to meet with Salem State Master level social work students to complete a survey " Barriers to healthy food insecurity" Please sign up for your 15 minute session- what you say may have an impact on our community receiving additional food programs.



### Mayor Ken Gray

We're all looking forward to warmer temperatures and hopefully no more snow! That may be a tall order but I'm sure you can relate. We had record breaking snowfall in less than a four week period of time. Just to give you an idea, in less than two weeks 56.5" of snow fell in Amesbury. That coupled with the frigid temperatures have made this a VERY tough winter for all.

Our city workers rose to the occasion and did a great job keeping us safe. I would especially like to recognize our DPW department and our DPW Director Rob Desmarais. He and his crew worked around the clock at times, utilizing every piece of equipment we have to plow, sand and remove snow. We have removed an enormous amount of snow from the downtown area and surrounding streets and it feels like it just keeps coming. The first day of spring is March 20th and the Red Sox have already begun spring training so hang in there as things are looking up!

This winter has also been extremely tough on our local businesses. I encourage you to take some time and visit our local shops and restaurants. With so many great places right here in Amesbury there's no need to go anywhere else! Think warm thoughts!

Take care,

Ken

### Friends of the Council on Aging

*We welcome members to join us at our meetings.*

#### FCOA Officers

Betty Dion, President

John Jennell, Vice President

Dot Caverly, Secretary

Jackie Storti, Treasurer

Carol Doherty, Membership Secretary

**Please Join the Friends!**



### Annmary I. Connor, LICSW Council On Aging Director

With all this snow it has been a difficult winter physically and emotional on all of us. Please remember spring is around the corner! We ask if you need help shoveling to call us, we have a beautiful community that has reached out to the COA and volunteered to help those in need.

We are looking forward to a great spring, Doreen and the team is looking to try and set up a 5k fundraiser for the FCOA— if you are interested in helping spearhead this event please call Doreen.

In April we will be hosting our annual volunteer appreciation event-details to follow.. We are going to be asking each of you to tell us how many years you have committed of your time to the COA/FCOA. Our volunteers are at the heart of who we are.

Please stay safe and warm, stop by for a cup of coffee we love to have you join us!



### Council On Aging Mission Statement

*To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.*

### Council on Aging Board

Carol Casey- Chairperson

Teresa Axten- Vice Chair, Cynthia Costello- Secretary, Lee Ford, Paul C. Rogers, Marcia Gilmore, Gayle Yarnel, Frankie Lalemand, Sue Ballard, Kliggy Thomas, Andy Gilmore

# Senior Lift

Airing on Channel 12  
Sunday 8:00am Mondays 3:30pm  
Wednesday 10:00am  
Saturday 8:00am

Watch and join Doreen Brothers Assistant Director and Certified Personal Trainer with 2 local guests This exercise show airs 4 times a week. Watch and participate for better strength, flexibility and balance.



**SENIOR LIFT DVD's AVAILABLE \$10 EACH!**

**Senior Lift is in its 4th year! We'd like to thank our many guests for having the courage to get in front of the camera. Thank you to our wonderful production crew also!**



February Birthdays



Sweat heart tea with Merrimac Valley Health center.



By, Officer Tom Hanshaw

For those of us who stuck around to enjoy winter in New England, you'll probably agree we had our share of snow and cold this year. For those of you who chose to fly south for the season, I must admit you made an excellent choice. As we reach the month of March, we should start to see the temperatures go up and the snowbanks go down. Although winter is not over yet, we are surely inching closer to spring. One of the most popular community outreach programs we are involved with is the monthly, "Coffee with the Chiefs" Hour. Each month we gather at the Center to talk about safety issues, community happenings and more, while sharing some delicious refreshments.

In an effort to attract an even bigger crowd, Chief Ouellet suggested we cover a topic each month, which is publicized in advance. We came up with a few ideas; including the following:

- How and When to use 911
- Driving tips for older drivers
- Suspicious Activity
- Car Seat Safety
- Police working with the media
- Scams

Check the newsletter calendar each month to see the Coffee Hour date and topic. We will share any news and still have some important information from the Fire Department each month too. In March, stop by and learn what "Suspicious Activity" is all about. Police rely on the public to help us make our City safer and your observations could help solve a crime. I'd also like to thank the Fire and Police Associations for providing funds for the food.

Need your leaves raked or your path ways shoveled? Call Brenda and sign up for a volunteer to help you! We have wonderful volunteers here to help you from the community. Please let us know!



Tuesdays , 8:30am LGBT Group-Building Community –Accessing Resources.  
You must sign up with Tori in advance!



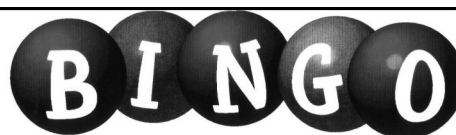
Channel 12  
Tuesdays 4:00pm    Wednesdays 9:30am  
Thursday 7:30pm    Saturday 9:00am

Meet Annmary Connor, COA Director and the guest of the month.

### March Movie Madness: Mondays at noon

2nd Lifeboat  
9th Saving Mr. Banks  
16th Elsa & Fred  
23rd Definitely Maybe  
30th Rear Window

Come and enjoy popcorn, get of your igloo and enjoy the warmth of friendship, get reeled into some fun!



**March 9th  
6-8p  
Holy Family  
Lady's Guild Bingo  
All are welcome**

### Volunteers Needed

We are in search of receptionist, greeters, friendly visitors, NEET drivers, Tele check in volunteers. If you have time, we will find a spot for you! Call Jeanne Marie 978-388-8138. ESMV is seeking money management volunteers called Bea Stankard at 978-946-1462.



Please remember when we have inclement weather (heavy snow, down power lines, tornadoes, ice storms ect) and the Amesbury Public schools are closed the Senior Community Center is closed. *All rides booked through the COA are cancelled, you may call the mvrta to see if they can accommodate you transportation needs.* If schools are on break it is a decision with the Mayor and public safety.



Amesbury Caregiver Essentials is a FREE program that provides caregivers with the resources needed to manage the stress associated with caring for a loved one through case management, education and social and emotional support.

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March 10th

12PM ~ Groveland - Caregiver Support Group

March 16th

5PM ~ Amesbury - ACE Dinner

March 26th

1PM ~ Amesbury - Speaker: Lois Marra Home Health VNA, Advanced Directives for Health Care.  
\*(Topic descriptions on Back)\*

2PM ~ Caregiver Support Group

4PM ~ Amesbury - Speaker: The Elder Insider, Proper Discharge from Hospital or Rehab.  
\*(Topic descriptions on Back)\*

5PM ~ Caregiver Support Group

*(Please note—This group will be cancelled if attendance continues to be weak)*

**REMINDER:** Amesbury support group offers respite care. You will be able to attend the support group while feeling confident that your loved one is safe participating in the Greenleaf Supportive Day Program here at our Senior Center. Please allow us a two day notice for members to join Greenleaf.



## Storm Communications

With the Direction of Mayor Ken Gray, the Amesbury Fire Department/Emergency Management Agency promotes the use of our Emergency Operations Center to help residents and visitors in the City of Amesbury Stay informed. As the Emergency Management Director, we request that any storm related questions or issues, please call the following number, **978 388-8155**. During major storms, we activate our Emergency Operations Center to coordinate all NON EMERGENCY questions, concerns, including snow removal questions. Please make sure if you have an emergency, you still call **911**. Always watch the website, [Amesburyma.gov](http://Amesburyma.gov) for notification of our Emergency Operations Center opening during these events.

Respectfully Yours, Jonathan R Brickett, Chief of Department, Emergency Management Director



# Financial Fitness!



On-line Banking

1:1 Sessions

The Provident Bank

Do you use online banking with The Provident Bank? Would you like to? How would you like to pay your bills from your online banking, from anywhere? No stamps, great records and easy set up, you have control of when they go out! Please sign up for a private lesson with Anne Gagne on March 11 and 25<sup>th</sup> from 1-3 PM, bring a few bills and we can set them up. If you already have a user ID and password and would just like a refresher please bring your information and we can go from there! Sign up at the COA desk for your private 1:1 session, call and book your appointment 978-388-8138

## Financial Fitness Part 2!

Tax season is upon us so we feel we should support you in your financial wellness.  
The Amesbury COA is offering FREE financial fitness classes.

1. We have 1:1 session for you to meet with one of our great interns and they will review your SNAP edibility as well complete a program called Benefits check up to see if you may be eligible for other financial services. Each session is 30 minutes, simple bring your monthly income figure.—please call today if you are in need of these services and we will schedule an appointment for you!
2. We are hosting our fabulous AARP Tax volunteers every Wednesday and Friday. Call for a scheduled appointment.

## Foxwoods

## April 13th

Leave All Saints 6:45am

Leave Foxwoods at 4:45p arrive around 7pm back in Amesbury

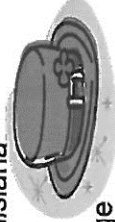
## \$35 per person, includes casino package

## RSVP

This is a fund raiser for the FCOA.





2			3		4		5		6 <i>Lawrence Asian Special</i>	
	Chicken Louisiana Brown Rice Peas Fresh Orange Oatmeal Bread	Kcal 675 Na+ 644 CHO 98 % Fat 21	Shaved Steak with Peppers and Onions / Mustard Carrots Peaches Hamburger Roll	Kcal 604 Na+ 869 CHO 81 % Fat 27	Pop-Corn Chicken Sweet & Sour Sauce Dirty Rice / Green Beans Ice Cream Cup Snowflake Roll	Kcal 824 Na+ 758 CHO 91 % Fat 40	Roast Pork with Gravy Red Bliss Whip Potatoes Mixed Vegetables Mixed Fruits Multigrain Bread	Kcal 693 Na+ 625 CHO 76 % Fat 37	Baked Fish Florentine White Rice Winter Blend Veggies Lorna Doones Dinner Roll	Kcal 636 Na+ 815 CHO 80 % Fat 31
9	10		11 <i>See Site Special Flier</i>		12		13		14	
	Sweet & Sour Meatballs White Rice Scandinavian Vegetables Peaches Light Rye Bread	Kcal 653 Na+ 644 CHO 69 % Fat 38	Garlic Baked Chicken Bkd Potato & LF Sour Crm Peas and Carrots Cranberry Sauce Pears / Biscuit	Kcal 732 Na+ 801 CHO 94 % Fat 27	Cheese Lasagna with Meat Sauce Italian Blend Vegetables Fresh Orange Italian Bread	Kcal 614 Na+ 837 CHO 76 % Fat 27	Roast Turkey with Gravy Whip Potatoes & Chives Green & Gold Beans Ice Cream Cup Whole Wheat Dinner Roll	Kcal 625 Na+ 1011 CHO 66 % Fat 36	Krunch Lite Fish Oriental Rice Broccoli Gelatin / Diet Gelatin Whole Wheat Bread	Kcal 540 Na+ 647 CHO 81 % Fat 21
16	17		18		19 <i>Birthday Meal</i>		20		21	
	New Orleans Diced Chicken White Rice Peas & Carrots Pineapple Whole Wheat Dinner Roll	Kcal 553 Na+ 942 CHO 85 % Fat 17	Salisbury Steak with Gravy Red Bliss Whip Potatoes California Blend Veggies Peaches Multigrain Bread	Kcal 645 Na+ 886 CHO 68 % Fat 43	Chicken Fillet Whip Potatoes & Chives Chuckwagon Corn Cranberry Sauce Fresh Apple Italian Bread	Kcal 716 Na+ 946 CHO 96 % Fat 28	Corn Beef Boiled Potato Carrots & Brussel Sprouts Birthday Cake / Plain Diets & MOWs / Dinner Roll	Kcal 794 Na+ 1755 CHO 96 % Fat 36	Lemon Baked Fish Potato Wedges / Ketchup Mixed Vegetables Chocolate Pudding Diet Pudding Multigrain Bread	Kcal 750 Na+ 1045 CHO 88 % Fat 34
23	24		25 <i>High Sodium Meal</i>		26		27		28	
	Teriyaki Chicken White Rice Country Blend Vegetables Peaches Whole Wheat Dinner Roll	Kcal 558 Na+ 432 CHO 59 % Fat 39	Macaroni and Cheese Zucchini and Stewed Tomatoes Pears Italian Bread	Kcal 695 Na+ 854 CHO 84 % Fat 37	LS Hot Dog Baked Beans Chuckwagon Corn Mustard & Relish Fresh Orange Hot Dog Roll	Kcal 856 Na+ 1662 CHO 114 % Fat 32	Beef Meatloaf with Gravy Garlic Whip Potatoes Vegetable Medley Mixed Fruits Light Rye Bread	Kcal 737 Na+ 763 CHO 83 % Fat 35	Creole Baked Fish Roasted Red Potatoes Italian Blend Veggies Ice Cream Cup Multigrain Bread	Kcal 608 Na+ 798 CHO 73 % Fat 32
30	30		30		30		30		30	
	Apricot Glazed Chicken White Rice California Blend Veggies Butterscotch Pudding Snowflake Dinner Roll	Kcal 584 Na+ 532 CHO 76 % Fat 25	Stuffed Shells with Meat Sauce Broccoli and Cauliflower Fruit Cocktail Italian Bread	Kcal 614 Na+ 882 CHO 63 % Fat 34	<b>KEY:</b> Kcal = Kilocalories Na+ = Sodium mg. CHO = Carbohydrates in Grams % Fat = % Kcal from Fat	<b>Home Delivered Meal</b> Diabetic clients may consider reserving some meal items for a snack.	<b>Congregate participants</b> can reserve packaged dessert, bread and milk.	Nutrient Analysis meets 1/3 of the RDI (Recommended Daily Intake)	Suggested Donation \$2.00 per meal.	



**The Friends of the Council on Aging are a very active group. We raise monies that help run the center, i.e..**

**The Christmas fair and the health fair.**

**We meet just once a month –the third Thursday at 3pm.**

**More voices are needed at these meetings so we do not go stale. Additional ideas and general input are encouraged. Please join us!**

**The next meeting is March 19th at 3pm.**

**All friends are welcome**

**Memorials**

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to support programming , activities and services. In memory /honor of a loved one donations will receive acknowledgement in the COA monthly newsletter. Families will be notified of your generous contribution. Please make checks payable to: Friends of the Amesbury COA.

Please accept my donation of \$ \_\_\_\_\_

\_\_\_\_\_ in memory of

\_\_\_\_\_ in honor of

Send letter to: \_\_\_\_\_

Donated by: \_\_\_\_\_

Thank you



## **SUPPORT THE FRIENDS OF THE COUNCIL ON AGING (FCOA)!**

### **TRIPS & TOURS**

Trips sponsored by the Friends of the COA are open to all age groups. Please contact the Amesbury COA 978-388-8138 or Newburyport COA 978-462-8650 for further information and to sign up for trips.

**Once the trip/tour has been finalized the tickets are non-refundable.**

### **Let's start looking ahead to some great trips!**

March 10 – Tony Kenny's Irish Cabaret @ Venus de Milo, Swansea, MA. – Direct from Dublin, an amazing Irish Celebration with song, comedy and Irish dancers! Choice of Corned Beef & Cabbage or Baked Scrod. \$85pp payable to Best of Times. Due by February 13.

April 21 – Neil Sedaka @ Mohegan Sun – Includes Premium Seating for Concert; \$30 Casino Gaming/Meal Pkg. \$99pp payable to Best of Times. Early sign up/payment required for this Ticketed Event by 2/13; no refunds can be issued after 3/1/15.

May 16 - Chocolate, Wine and Lobster – Includes tour of one of NH's best chocolate makers, with plenty of samples; tour of NH Winery, learn how a small winery makes and bottles wines; then on to a lobster lunch served at a local restaurant. After lunch visit Zorvino Vineyards for a tour and tasting, learn how wine enhances the taste of food with a wine & food pairing demo. \$89pp payable to Tye'sTours, due by April 2.

May 24-28. 2015 – Spotlight on San Antonio – Highlights include: Mission San Jose, The Alamo, LBJ Ranch, Mayan Dude Ranch, Paseo del Rio Cruise. 5 Days (6 Meals); \$1799pp/dbl; \$2099 single; \$1769 triple. Includes round trip air and transportation to/from airport. \$250pp deposit due on sign up payable to Collette. Final payment due by 03/25/15. Brochures available at COA office.

June 24 – The Drifters @ Danversport Yacht Club – Remembering the Fabulous Fifties with some of the greatest hits that topped the musical charts. Meal choice of Chicken Breast or Baked Scrod. \$89 pp payable to Best of Times, due by 06/01.

July 10–14 – Finger Lakes Wine Festival, Watkins Glen, NY – Includes 2 nights at the Country Inn, Horsehead, NY; 1 Country Inn Breakfast, 1 Champagne breakfast at festival; lunch at Belhurst Castle; 2 day Admission to Wine Festival, featuring 4 festival stages, wine and craft beer tastings, food and cooking demos, over 100 non-wine vendors; Seneca Lake Cruise; visit to Watkins Glen State Park. \$499pp/dbl; \$649 sgl payable to Tye's Tours due by June 12.

September 2-8 – Nova Scotia & Prince Edward Island – 7 Days (10 Meals, including 2 lobster dinners). Overnight ferry Portsmouth to Yarmouth; Highlights include Lunenburg, Peggy's Cove, Halifax and Prince Edward Island; New Brunswick; Duty Free Shopping and overnight Bangor, ME. \$1637pp/dbl; \$2217 single; \$1567 triple. \$250 deposit due on sign up Payable to Tours of Distinction. Final payment due by July 2.

### **Meditation Group**

Wednesdays 10-11:30 Starting Feb 4th \* Attendance is free and open to all.

Group Meditation: Will consist of a discussion of Buddhist philosophy and practice, some yoga style warm up exercises, a few minutes of Qigong exercises, a breathing exercise, some chanting and Pure Land meditation. Exercises are very gentle and designed to relax the body. Sitting on chairs, lying down, or kneeling are all fine. Wear comfortable clothes.

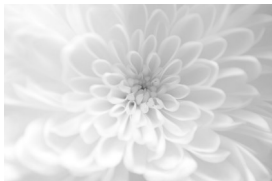
The Teacher: John Lalumiere has been teaching for several years and practicing meditation since the 80's when he met his first teacher. Sign Up: 978-388-8138 at the COA.

## Diabetes Education Classes

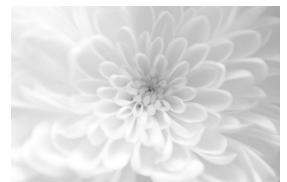
Home Health VNA of Lawrence, MA would like to offer diabetes education classes, to be held at the Amesbury Council on Aging. The program is taught by a Certified Diabetes Educator and runs for 8 weeks; each class is 1 hour long. The program is certified by The American Association of Diabetes Educators and is free of charge. Topics to be covered will include: Understanding diabetes, healthy eating, being active, medications, monitoring, reducing risks, problem solving and healthy coping.

Classes would begin early spring, either in the morning or afternoon, to be decided at a later date. Each participant will meet individually with the diabetes educator for a ½ hour appointment before the program starts, and a ½ follow-up after the program ends.

Please contact Vicky Sherwood, 978-388-8318 ([sherwoodv@amesburyma.gov](mailto:sherwoodv@amesburyma.gov)) at the Amesbury COA if you are interested.



*In Loving Memory of  
Carol Milaszewski  
Warmly,  
Mary Milaszewski Connor*



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 Wii/10:00 Art w/Cara 10:00 Exercise 12:00 Movie- 2:00 Computer class	<b>3</b> 11am Brown BAG! 8:30 LGBT group 9:30 Busy Needles 10:00 Blanket for Kids 12:15 Bingo	<b>4</b> 9:30 Watercolor 10:00 Shine 10:00 Meditation Group 1:00 Exercise	<b>5</b> 8:30Yoga Thx Maplewood 9:30 Iris Folding 10:00 Zumba/ 1p Low Vision 1:00 Bridge / Line Dancing 5:30pm AMP	<b>6</b> 9:00 Men's group 9:30 Tai Chi 12:00 Game Time 1:00 Shopping
<b>9</b> 9:00 Wii/ 10:00 Art w/Cara 10:00 Exercise 11:20 <u>Sponsored by Merrimac Valley Center</u> 12:00 Movie- 2:00 Computer class 5:00 ACE Dinner	<b>10</b> 8:30 LGBT group 9:30 Busy Needles 10:00 Blanket for Kids 10:00 Page Turner/Nurse 12:15 Bingo	<b>11</b> 9:30 Watercolor 10:00 SHINE 10:00 Meditation Group 1:00 Exercise 1:00 On line banking <u>1:1 sessions :Provident Bank</u>	<b>12</b> 8:30Yoga Thx Maplewood 9:30 Iris Folding 10:00 Zumba 1:00 Bridge / Line Dancing 3:15 Caregiver Training 4:30pm COA Board meeting 5:30pm AMP	<b>13</b> 9:00 Men's Peer Group 9:30 Tai Chi 12:00 Game Time 1:00 Shopping
<b>16</b> 9:00 Wii/ 10:00 Art w/Cara 10:00 Exercise 12:00 Movie- 2:00 Computer class 5:00 ACE Dinner	<b>17</b> 8:30 LGBT group/9:30 Busy Needles 10:00 Blanket Kids/Health Nurse <u>11:20 Sponsored by Maplewood</u> 12:15 Bingo 4pm Monthly dinner	<b>18</b> 9:30 Watercolor 10:00 Meditation Group 1:00 Exercise	<b>19</b> 8:30YogaThx Maplewood 9:30 Iris / 10:00 Zumba 12:00 Birthday party 1:00 Bridge/ line dancing 3:00 FCOA board meeting 5:30pm AMP	<b>20</b> 9:00 Men's Group 9:30 Tai Chi 11:00 bulb planting 12:00 Game Time 1:00 Shopping <b>First day of Spring!</b>
<b>23</b> 9:00 Wii/10:00 Exercise 9:00 <b>Podiatry</b> 10:00 Art w/Cara 12:00 Movie- 2:00 <u>Computer</u> Class 6p, Holy Family ladies Guild bingo	<b>24</b> 8:30 LGBT Group 9:30 Busy Needles 10:00 Health Nurse 10:00 Blanket for Kids 12:15 Bingo	<b>25</b> <u>9:00 Suspicious activities</u> <u>Coffee w/ Chiefs</u> 9:30 Watercolor 10:00 Meditation Group 10:00 Bereavement 11:20 <u>Sponsored Ln: Country Ctr</u> 1:00 Exercise	<b>26</b> 8:30YogaThx Maplewood 8:30 Legal clinic 9:30 Iris /10:00 Zumba 1:00 Bridge/1p Line Dancing 1:00-6:00 ACE support groups & speakers 5:30 AMP	<b>27</b> 9:00 Men's group 9:30 Tai Chi 1:00 Game time 1:00 Shopping
9:00 Wii/ 10:00 Art w/Cara 10:00 Exercise 12:00 Movie- 2:00 Computer class	<b>31</b> 8:30 LGBT Group/9:30 Busy Needles /10:00 Blanket for Kids/ 12:15 Bingo	<i>Lunch is served daily at            11:20am. You must RSVP!            Tax preparation is Wed &amp; Fri            please call for an apt.</i>	<b>Greenleaf is running 5 days            a week. Call to learn more.</b>	<b>We are now open on Fridays            until 4pm.</b>

# March 2015

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- Pediatric Therapy

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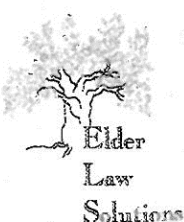
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